



# MRS. MCDONOUGH'S MUSIC NOTES

## Gross Motor Skills

January 2018

January is often a cold, wet month that keeps us stuck inside. Movement is one of the best remedies for cabin fever! Movement is also a natural response to music, and young children especially love to move when they feel a steady beat. That's why I'm focusing on lots of gross motor movement in music class this month! **Gross motor skills** are movements that use large muscle groups like legs, arms, or even the whole body. Crawling, running, and jumping are examples of gross motor movements. While we're burning off some energy and strengthening our coordination, we'll also be practicing some other important skills:

- Listening
- Following directions
- Self control

You can practice gross motor movements at home, too. The next time the weather keeps you indoors, gather the whole family for a few rounds of *Ring Around the Rosies* or *The Hokey Pokie*, or just turn on some music and dance! It's great for the mind, body, and soul!